

Ice cream goes bananas!

Our Cherry Chocolate Chip version is dairy-free and delicious



I scream, you scream, we all scream for ice cream!

The cold, sweet, creamy treat is hard to beat on hot summer days, warm spring nights, and even cold afternoons, in a pinch. But what if we told you that you could make an irresistible, delicious ice cream without a drop of milk...and hardly any sugar? We can see that eye roll. But when you taste our Cherry Chocolate Chip Ice Cream, you'll be a believer. The magic ingredient isn't nut milk or soy milk; it's bananas.

As it turns out, they do amazing things when they're frozen and blended, transforming into a sweet, creamy base. Lots of cherries, a little almond butter, and bittersweet chocolate are in the mix, too. That's right, just four ingredients — all of them nutritious plant foods! The result? A perfectly

purple treat that will delight your taste buds and nourish your body. Whether you make the quick, soft-serve version or the longer, hard-packed one, everyone will be screaming for this ice cream.

Yield: 4 Servings

Ingredients:

1 small banana
12 ounces frozen cherries
1 tablespoon almond butter
1 ounce bittersweet chocolate, finely chopped

Instructions:

In a food processor or blender, combine the banana, cherries, and almond butter. Puree until smooth and creamy. Blend in the chocolate. Spoon into bowls and serve. Or if you like a firm ice cream, freeze for 2 to 3 hours then scoop to serve.

Nutrition Info Per Serving: 120 calories, 5 g total fat, 1.6 g saturated fat, 2 g protein, 20 g carbohydrate, 2.4 g dietary fiber, 14.8 g sugar, 4.8 g added sugar, 0 mg cholesterol, 2.3 mg sodium